IN SUPPORT OF LIGHTEN UP LOUISIANA

" LEARN HOW TO START YOUR ENGINE"

DURING A FITNESS SEMINAR

PROVIDED BY

1LT DELSINA WEST

(Fitness Trainer & Nutritionist)

ON THURSDAY 14 OCTOBER 2004

BJACH (classroom #1)

1130-1200

1200-1230

TOPIC: MUSCLES-YOUR FAT BURNING MACHINE

Bring your lunch and join us!!!

Lighten up Louisiana fitness & nutrition classes
coordinated by your
BJACH Health Promotion Program Staff
For more information on this week's schedule
Contact Health Promotion at 531-3255 or 531-3531